



Smoky Chorizo and Butter Bean Winter Soup

with Greek Style Cheese and Garlic Ciabatta

47

Classic 25-30 Minutes • 2 of your 5 a day



Diced Chorizo



Garlic Clove



Red Onion



Bell Pepper



Butter Beans



Smoked Paprika



Tomato Passata



Vegetable Stock Paste



Ciabatta



Sun-Dried Tomato Paste



Greek Style Salad Cheese



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey

+ Add Chicken Breast

If you chose to add diced chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Frying pan, garlic press, sieve and baking tray.

Ingredients

Ingredients	2P	3P	4P
Diced Chorizo** 7)	60g	90g	120g
Garlic Clove**	2	3	4
Red Onion	1	1½	2
Bell Pepper***	1	1½	2
Butter Beans	1 carton	1½ cartons	2 cartons
Smoked Paprika	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Ciabatta 13)	1	2	2
Sun-Dried Tomato Paste	25g	37g	50g
Greek Style Salad Cheese** 7)	50g	100g	100g
Diced British Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Soup*	300ml	450ml	600ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	661g	100g	791g	100g
Energy (kJ/kcal)	2692 /643	407 /97	3339 /798	422 /101
Fat (g)	30.4	4.6	32.8	4.1
Sat. Fat (g)	10.9	1.6	11.5	1.5
Carbohydrate (g)	60.6	9.2	60.8	7.7
Sugars (g)	22.2	3.4	22.3	2.8
Protein (g)	29.6	4.5	61.1	7.7
Salt (g)	6.06	0.92	6.25	0.79

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.
HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Fry the Chorizo

Preheat your oven to 220°C/200°C fan/gas mark 7.
Heat a large frying pan on medium-high heat (no oil).
Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.
Once cooked, transfer to a plate and set aside.



Prep Time

While the **chorizo** fries, peel and grate the **garlic** (or use a garlic press).
Halve, peel and thinly slice the **red onion**.
Halve the **bell pepper** and discard the core and seeds.
Slice into thin strips.
Drain and rinse the **butter beans** in a sieve.



Bring on the Veg

Return the (now empty) frying pan to medium-high heat with a drizzle of **oil** if needed (no need to clean - the **chorizo oil** adds to the flavour!).
Once hot, add the **onion** and **sliced pepper**. Season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.
Next, add the **smoked paprika** and **half** the **garlic**. Fry for 1 min more.

+ Add Chicken Breast

Add the **chicken** to the pan with the **veg**. Fry, 8-10 mins instead. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Simmer your Soup

Stir the **passata**, **butter beans**, **vegetable stock paste** and **water for the soup** (see pantry for amount) into the pan.
Bring to the boil, then lower to a simmer. Cook until thickened slightly, 4-5 mins.



Garlic Ciabatta Time

Meanwhile, halve the **ciabatta** and lay onto a baking tray, cut-side up. Spread over the remaining **garlic** and drizzle with the **olive oil for the garlic bread** (see pantry for amount).
Bake the **bread** on the top shelf of your oven until golden, 4-5 mins.
When your **soup** has thickened, stir through the **fried chorizo**, **sun-dried tomato paste** and **honey** (see pantry for amount).



Serve Up

Share your **soup** between your serving bowls and crumble over the **Greek style salad cheese**.
Serve with your **garlic ciabatta** on the side.

Enjoy!